



The Hanover Council on Aging

# HANOVER HAPPENINGS

MAY 2018



665 Center Street Hanover MA 02339 (781) 924.1913 [coa@hanover-ma.gov](mailto:coa@hanover-ma.gov)

As I write this I am looking out my office window at snow.....the writing of the newsletters happens so far ahead of when you all receive it. Anyway I am chanting "April Showers bring May Flowers" let's hope it works.

Since the April newsletter hit the press before March 17, I wanted to thank **The Hanover Club** for the wonderful St. Patrick's Day meal. It was amazing!!!!

We were also so lucky to have The Drinkwater Memories program here in March. The Historical Society ran it, but we had a great time listening to the memories of Kenton Greene, Bob Clarke, and Eleanor Nawazelski. I have been sharing their memories ever since!

Our Spring Fling was a huge success! Keep your eyes open for other Sunday events.

Our Outreach roles and capacity are changing and evolving. The staff recently attended two very important classes one on Dementia and another on Mental Illness, these classes make us more equipped to deal with the changes in those who utilize the center and live in the community. For more information on the types of things we do behind the scenes please see the monthly Directors Report on our website or ask to see it at the front desk.

Please remember, if you know someone in need to contact the office, if we cannot help them we will find someone who can!

We also have the ability to visit seniors in their homes so let us know if you need a friendly visit!

Please be sure to read both the calendar and the events sections of the newsletter, sometimes we run out of space and do not want you to miss anything!!

Take care,  
*Tammy*

## REGULAR LIBRARY RIDES

We will be providing weekly rides to the John Curtis Free Library Friday's from 11-1PM. Please call 781-924-1913 for a reservation.

## ARE YOU AN INSTRUCTOR, VOLUNTEER COOK, OR SPECIAL GUEST?

HELP US HELP YOU!

Although we have a great newsletter, Facebook presence, website, and many flyers around, it is always a plus if you promote the goings on at the Center!

We do our best to promote all of the activities and special events we book but, it is still a great help if you self promote your classes, events, or trips as well!  
THANK YOU!

## STATISTICS

Anyone who knows Nancy and me, knows that we love our statistics. I thought I would share a few of our accomplishments over the last 9 months.

We are up 10% in ridership.

We are up 35% in outreach initiatives

We are up approx 5% in attendance to our activities.

Thanks to you all for your participation!!!

THANKS to Mary Reaney who was able to secure a grant from Harvard Pilgrim Health Care (HPHC) and payable to the Friends of the Council on Aging for Health and Wellness Programs!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div>MAY</div>	<div>1</div> <div>9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL</div> <div>PM SHOPPING XMAS TREE/ROCHE BROS</div>	<div>2</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:30 DIABETES PROGRAM 6PM YOGA</div> <div>SHOPPING-SHAW'S LEGION &amp; BARSTOW</div>	<div>3</div> <div>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 5:30 DINNER SHOPPING HANOVER MALL</div>	<div>4</div> <div>10:00 ARTHRITIS EXERCISE</div> <div>SHOPPING-SHAW'S LEGION &amp; BARSTOW</div>	
	<div>7</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:00 PAIN MANAGEMENT 1:00 MAH JONG 1:00 TAI CHI</div> <div>SHOPPING-SHAW'S</div>	<div>8</div> <div>9:30 MORNING OUT 11:30 LUNCH FRIENDSHIP HOME 1:00 TAI CHI 2:15 STRETCH WITH NEIL</div> <div>PM SHOPPING KOHL'S/STOP&amp;SHOP</div>	<div>9</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:30 DIABETES PROGRAM 6PM YOGA</div> <div>SHOPPING-SHAW'S LEGION &amp; BARSTOW</div>	<div>10</div> <div>10:00 BOWLING 10:00 EXERCISE W CHRIS 10:00 BOOK CLUB 10:00 ASK A LAWYER 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL SHOPPING HANOVER MALL</div>	<div>11</div> <div>10:00 ARTHRITIS EXERCISE</div> <div>SHOPPING-SHAW'S LEGION &amp; BARSTOW</div>
	<div>14</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI</div> <div>SHOPPING-SHAW'S</div>	<div>15</div> <div>9:30 MORNING OUT 9:30 MEN'S DISCUSSION 9:30 BLOOD GLUCOSE 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL</div> <div>SHOPPING STAR/MARSHALLS MARSHFIELD</div>	<div>16</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:30 DIABETES PROGRAM 6PM YOGA</div>	<div>17</div> <div>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL</div> <div>SHOPPING HANOVER MALL</div>	<div>18</div> <div>10:00 ARTHRITIS EXERCISE 1:00 ART FOR YOUR MIND</div> <div>SHOPPING SHAW'S LEGION &amp; BARSTOW</div>
	<div>21</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 TEA -SSC STORY-TELLER SERIES 1:00 MAH JONG 1:00TAI CHI</div> <div>SHOPPING SHAW'S</div>	<div>22</div> <div>9:30 MORNING OUT 11:30 LUNCH FRIENDSHIP HOME 1:00 TAI CHI 1:00 PAINTING WITH TAMI 2:15 STRETCH WITH NEIL 2:30 FLOWER POT PAINTING</div> <div>SHOPPING MARKET BASKET</div>	<div>23</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:30 DIABETES PROGRAM 6PM YOGA</div>	<div>9:30 MEMORIAL DAY BREAKFAST 10:00 BOWLING 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL SHOPPING HANOVER MALL</div>	<div>25</div> <div>10:00 ARTHRITIS EXERCISE 11:30 LIGHT LUNCH/ MOSQUITO AWARENESS</div> <div>SHOPPING SHAW'S LEGION &amp; BARSTOW</div>
	<div>28</div> <div>Memorial Day Holiday  Center closed</div>	<div>29</div> <div>9:30 MORNING OUT 8:00 TRIP TO HERITAGE MUSEUM AND GARDENS 1:00 TAI CHI 2:15 STRETCH WITH NEIL</div> <div>SHOPPING</div>	<div>30</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:30 DIABETES PROGRAM 6PM YOGA</div>	<div>31</div> <div>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL SHOPPING HANOVER MALL</div>	

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## **THE FRIENDS OF THE COUNCIL ON AGING**

I wanted to take the opportunity to review who some of the key players are in our success. The first group I thought of besides the Council on Aging Board members, is the Friends of the Council on Aging.

The Friends of the Council on Aging are a private 501-c3 whose mission is to assist in providing funding for many programs and events at the Council on Aging.

The Friends receive money in several ways. They assist the COA in applying for grants, donations from individuals and businesses, raffles, selling of the memorial bricks, and of course annual membership.

The Annual Membership is a \$5.00 fee that allows you to participate in Members Only Friend's initiatives and helps them to assist the COA in providing great programs! All of our events are open to all unless noted.

### **NOTE:**

You do not have to be a member of the Friends Group to attend the COA, but it does help us continue many of the free or subsidized events. If you attend the COA on a regular basis please be sure to request a free scan card and scan in when you attend events and programs.

## **THE COUNCIL ON AGING**

The Council on Aging is more than it seems, it is made up of a Board as well as the staff at the Center.

The Mission of the Hanover Council on Aging is to serve as the primary advocate of support services to seniors and disabled members of the community, helping them live independent lives. The center provides access to some of the essentials of life including but not limited to support, advocacy, meals, outreach, activities, education, recreation and transportation. The center also provides services, programs and activities that strive to help maintain independence and enhance the quality of life for seniors. There are approximately 3500 residents who are 60 years of age or older in Hanover.

The Board meets the second Monday of the month at 9AM at the COA Building. All are welcome to attend!

## **EVENTS**

### **Mobility Plus, Monday: May 7, at 11:00am**

Craig Tarantino returns to discuss the "Proper Management of Aches and Pains." There is no charge for this presentation but we would like a headcount so please sign up in advance.

**Painting with Tami: Tuesday, May 8 and May 22nd at 1PM.** Such high demand we have added a second class!



### **Art for your mind: Friday May 18, at 1PM, fee \$2** **This month's topic is "Appreciating Sculpture."**

Jill Sanford will help us experience the versatile medium of sculpture more fully. From ancient masterpieces to modern creations, increase your understanding of the complex choices artists make as they give physical form to the elements of design. Please sign up in advance.

### **May tea with South Shore Conservatory-Mentors and Musicians, Monday, May 21 at 1:00PM FREE**

Who have your mentors been, and what legacy will you leave behind? Ed Broms, pianist traces his own music lineage dating back to pianist Franz Liszt and composer Arnold Schoenberg through personal anecdotes, historical recordings and life performance. This history is not found in any text book! Sign up in advance.

**Painting Flower Pots, Tuesday, May 22 at 2:30PM, FREE** Join Linda Felix of North River Home Care as she returns to show us how to paint flower pots. There are only 12 spots available, sign up before their are all filled.

**Memorial Day Breakfast: Thursday, May 24 at 9:30AM, entertainment by Jack Craig**  
**Free to Veterans, others \$5 Be sure to sign up!**

### VETERAN'S NEWS

#### **Emergency medical care:**

In some situations, the VA will pay for emergency care for Veteran's service connected condition. The nearest VA medical facility should be notified of the Veteran's condition and treatment within 72 hours. Claims need to be filed within two years of the treatment received.

For non-service connected emergency care, the VA will consider expenses associated with the care provided once the Veteran's other health insurance has been billed and that a liability balance remains.

Claims must be submitted within 90 days following the other health insurance payments. Co-payments and deductibles will not be paid. Claims not first submitted to the Veterans other health insurance will NOT be paid.

#### **Veterans Identification Card (VIC)**

A Veterans ID card is now available to order and use as a means to recognize you as a Veteran. This card can be used to obtain discounts from retailers. Log onto [www.vets.gov](http://www.vets.gov) to apply. A copy of your DD214 must be submitted to verify your Veteran status. The process time to receive the VIC is about 3 weeks.

If you have questions about your military/VA benefits please contact the Veterans' Service Officer for Hanover, Mike Thorp, located at town hall, 781-829-0968.

### OUTREACH

#### **Are you in the coverage gap (donut hole)?**

It takes only one expensive medication to get you into the "donut hole." There is help for many in this situation through a Massachusetts program known as **Prescription Advantage**. This program does not consider your assets and the income limits are higher than Extra Help. Contact Nancy Lester at 781-924-1913 for more information.

#### **New Medicare cards**

Starting in April 2018, Medicare is sending new Medicare cards with new Medicare numbers to every person with Medicare. The rollout of the new cards will take about a year. You don't need to do anything to get your new card. Massachusetts residents are scheduled to get their new cards this summer.

**REMINDER:** Many of our classed end with a cool down or meditation please be mindful of your fellow classmates whether or not you are participating in the ending.

### HANOVER VNA

Spring is here. You may have the inspiration to spring clean inside and outside your home. Spring can also be a great time to start some new healthy habits and to purge some old ones. Here are a few tips to spring into your health.

- **Revamp Your Diet** – Fruits and vegetable become even more available. Try adding something new and colorful to your plate. Aim for at least 5-6 servings of fruits/vegetables every day.
  - **Drink More water** – You need to wash the inside of your body as you do the outside. Keep yourself hydrated especially as the temperature rises. Have plenty on hand. Drink more before going outdoors. Try some recipes for fruited water.
- **Start a New Exercise Routine** - Set aside some time for you. The weather is getting warmer and the days are longer. Exercise helps both your physical and mental health.
- **Protect Your Skin** – Skin cancer is the most common type. Both men and women need to apply regularly sunscreen (SPF 30 at least), sunglasses, and a hat to protect against UVA and UVB rays, even on overcast days.
- **Renew Relationships** – Winter can sometimes get us down. Now is time to get out of the house if possible and visit friends, family, church, the COA, the Library... Strong relationships benefit your overall health and happiness.
- **Make an Appointment with Your Doctor** – Periodic checkups are important to evaluate your general health and wellbeing and to learn more about health habits. Speak to your doctor before making any changes in your medications, diet, or activity level.

Stay well! Happy Spring!

Doreen Zeller, RN

The HANOVER VNA Welcomes.....

NVNA AND HOSPICE

"The Journey.....Understanding Palliative Care vs. Hospice Care"

Wednesday May 2, 2018

6:00pm

Hanover Town Hall

550 Hanover Street

Hanover, MA

Please join us for this informative presentation. Light refreshments will be served.

This presentation is to provide an understanding when Palliative and Hospice care can be beneficial. What are the differences? When is each appropriate? What are the qualifications? Who makes the decision?



**PLYMOUTH COUNTY MOSQUITO CONTROL**

**Friday, May 25 11:30AM** Join Dan Daly for a light lunch and discussion about he will give you the latest information on mosquito related issues and updates on the Project's services. Please sign up by May 22.

**Van Trip to Heritage Museum in Sandwich,  
Tuesday, May 29 van leaves at 8:00AM**

Limit limited space available!

The Hanover COA is offering a trip to the Heritage Museum and paying for your admission and transportation.

The Rhododendrons are out and your will have a tour. You pay for lunch. Only 12 spots available. Call the office and reserve your spot today!!!  
781-924-1913

**SOUTH SHORE YMCA  
MY LIFE, MY HEALTH DIABETES WELLNESS  
PREVENTION AND MANAGEMENT**

Join us for this **FREE** 6 week workshop!

**Wednesday May 2, 1PM at the Council on Aging**  
Group meets weekly until June 6.

This workshop is open to anyone who has or cares for someone with Diabetes as well as anyone who is interested in learning more about the condition.

Goals include but are not limited to: increased energy level, how to better handle stress, learning to relax, eating healthy, and improving your quality of life.

Please call the COA 781-924-1913 to reserve your spot in this life changing workshop!

**FRIENDSHIP HOME PARTNERSHIP**

We are thrilled that the Friendship Home has agreed to provide assist in making and serving lunches twice per month!

Come join us Tuesday May 8 and 22nd at 11:30am

More information on the menu's will be available at the front desk. \$3.00 pp

**WALNUT HILL GARDEN CLUB CRAFT****Friday, May 25 9:30AM Fresh Arraignment**

This event is **FREE!** Thank you Hanover Cultural Council!

Bring your own basket! Please sign up for this event at the COA office.

**OLD COLONY ELDER SERVICES**

Is there life after retirement?

Retirement is becoming an active phase of life with many older adults devoting at least some of their time to causes and interests that have previously taken a back-seat to careers or family obligations.

With many charities and non-profits in need of help, there is no shortage of volunteer opportunities for those willing to donate their time and efforts during retirement. If you are not sure where to begin, start small; try short stints, maybe an hour per week reading to children in the hospital, or 2 hours in a food pantry, or one afternoon in a library.

You can also capitalize on your background. When you meet with an organization, mention the skills you used in your career. Some opportunities may require extra education that may simply be viewing a training video or a short training session with experienced volunteers. There are many benefits to volunteering. Studies have connected volunteering with reduced depression and higher brain activity; it is even correlated with living longer. Volunteering keeps the brain active, which contributes to a person's cognitive health. The National Institute on Aging reported that participating in activities that are meaningful and productive may lower the risk of dementia and other health problems in older adults. Giving back to society is making a difference in the lives of others. Helping others is a significant source of happiness. Retirees who are active in charities also have a strong sense of purpose and higher self-esteem. Volunteering is also another opportunity to meet people and to make new friends.

OCES' Volunteer page, <https://www.ocesma.org/volunteer/>, provides more information on volunteering and includes links to volunteer opportunities. You could become a mentor, coach or companion to people in need, or contribute your job skills and expertise to community projects. All OCES volunteers receive guidance and training to make a contribution that suits their talents, interests and availability.

**VOLUNTEERS**

We are still looking for anyone who is interested in making occasional breakfasts, lunches, or dinners for our residents. You come with the plan and execution, we will get you some help and we pay for the food!

We are also looking for crafters to lead craft workshops.

For more information contact Jen at 781-924-1913 ext 1109 or email [jennifer.dunn@hanover-ma.gov](mailto:jennifer.dunn@hanover-ma.gov)

**SPECIAL THANKS**

Special thanks to the weekly poker players for their continued donations to the Center! And your patience and understanding!!!!

To all who brought extra bags to the center!

Claire Garrigan, Barry Gallagher, George, Dick Doyon

**NEW AND RENEWED FRIENDS**

Jean & James Carroll, Beverly Sprague, Norma Sides, William & Mary Ellen Abdy, Louise Sironi & Christopher Edwards, Anne Quinn, Jane Beal, Cliff & Lorraine Gaysunas, Theresa Dwyer, Dorothy Gullicksen, Noreen Bailey, Bob & Jean Johnson, Jane & Bob White, John & Pat Morris, Edie Shanks, Ellen Giachetti, Paul & Ellie Smith, Joseph & Kathy DiSabato, Gloria Way, Margaret Flaherty, Robert Flaherty, Joanne & Norman Sims, Nancy Gaffey, Kathleen Burke, Carol Mattes, Al & Patricia Pizzi, Janet Issa, Pat Dimartino, Maureen & James Sargent, Paul & Barbara Januszewski, James Carley Jr., Carol Lupica, Frank & Barbara Barker, John & Eileen Marshall, Bob & Elizabeth Meader, Mike & Carol Molongoski, Ronald Remondini, John & Karen Collins, Jo-Ellen Wood, Judy Lyons, Paul Zemotel, Dan & Anne Hes-sion, Patricia Gerrish, Alfred & Joan Wood, John & Sandra Calderwood, Paul & Barbara Belanger, Pegge Powers, Sonny & Linda Ducharme, Richard & Dorothy Doyon, Kam Chin Chan, Kam Ong Leung, Steve & Denise Fitzgerald, David Doff, Joy Dowd, Maureen Bogan, Al & Patricia L'Italien

**ADDITIONAL DONATIONS**

Beverly Sprague, William & Mary Ellen Abdy, Louise Sironi & Christopher Edwards, Jane & Bob White, Edie Shanks, Joseph & Kathy DiSabato, Margaret Flaherty, Robert Flaherty, Alfred & Joan Wood, Richard & Dorothy Doyon, David Doff

**IN REMBERANCE**

Norma Sides in memory of Bob Sides  
Theresa Dwyer in memory of Jack Dwyer  
Bob & Jean Johnson in memory of Bunny Gillis & Bob Naser  
Judy Murray in memory of Paul Hickey  
Kathleen Burke in memory of Larry Burke  
Pat Dimarino in memory of Anne Downey  
James Carley Jr. in memory of James Carley Sr.  
John & Eileen Marshall in memory of Kathryn Marshall  
Jo-Ellen Wood in memory of Rita & Paul Stevens  
Judy Lyons in memory of George Noon  
Paul Zemotel in memory of Virginia Zemotel  
Pegge Powers in memory of Dick Powers & Beth McDonald  
Diane Hickey in memory of Matthew Hickey and Paul Hickey

**FRIENDS TRIP**

Donna Lawrence is working tirelessly on making your 2018 exciting to date she has a Lobster Bake aboard the Beauport Princess on June 12, a Lobster Fest at Newport Playhouse July 17, Foxwoods September 18, 2018, and Turkey Train is scheduled for October 11, 2018. Flyers available at the Council on Aging. Call Donna for more details 508-243-2293. Be sure to check for additional trips not posted in time to make the Newsletter.

**NOTE:**

The Council on Aging allows programming to be held here by various companies in the community. The Director Tammy Murray, MSW screens the companies thoroughly and requires that no pressure sales be conducted by the people who present. The goal is to provide much needed information and resources to the community, with the premise that everyone's needs and desires are different. The town does not endorse any particular company or require you to use them.



**Anne Fitzgerald**

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**Please make checks payable to Friends of Hanover COA** and mail to:  
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2018

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Membership: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement to: \_\_\_\_\_

**The Hanover COA Advisory Board meets of the second Monday of the month and will meet again on May 14, 2018 at 9am. All are welcome to attend this open meeting.**

**Friends**

Dot Quinn,  
*President/Treasurer*

Elaine Crowley,  
*Vice President*

Judi Barca

Margaret Rooney

Doreen Giordani